

When does everyone have time???

Posted by NeiroYair - 04 Jan 2012 05:30

I know this is an utmost priority, but I still can't find time (except late at night) to fully take hold of what GYE is providing me. I have trouble just keeping on top of the forum, which is actually helping me now by allowing me to feel productive on the computer while helping my fellow brethren in need, as well as helping me on an individual level. And if you knew me, you'd realize that I need to do both to survive! (I can't let 'selfish' and 'me' anywhere near each other- And I'm involved in this addiction- Go figure!)

I haven't been able to read the handbooks, about the 90 days, partnerships, or 12 steps, but I do peruse the chizuk emails and enjoy this forum immensely- 1)Because of the love and support that goes on here- You guys are great! and 2)because there are no women for me to try and impress. Male only forum where I can feel genuine in my drive to bring simcha and support to others without feeling like I'm doing it for ulterior motives.....v'hameivin yavin.

Please let me know how you manage your time on the site, so I can get to work ASAP. The world around us is falling apart and I want to be on the winning (truthful!) side Be"H when all is said and done. Times are scary. Don't be blinded by the uncomfortable reality. I tell you, I'm scared. :-\ So much anti-semitism and we can't even say let's run to Eretz Yisrael to protect ourselves because l'tza'areinu harav, we're under attack there too. Golus! Ein lanu l'hisha'ein ela Avinu She'bashamayim....

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Re: When does everyone have time???

Posted by NeiroYair - 08 Jan 2012 18:38

I'm more than willing to go on only at certain times if that's what it takes, but like I posted in another thread and I think earlier in this one, 1) I need an outlet with which to relax after a VERY long day, but can't seem to get a handle on what that alternative outlet besides going to yeshiva, checking the emails, sports, news, weather is. apparently "mashchahu lbeis hamedrash" isn't strong enough for me 2) I don't have access to a computer until I get home at night. There are co-workers that have an iPhone that I borrow from time to time, so maybe that's idea.....but I'm just fed up with jumping from idea to idea, and I daven to find the one (or 100) that work!

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Re: When does everyone have time???

Posted by alexeliezer - 09 Jan 2012 16:30

How about a new exercise routine?

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Re: When does everyone have time???

Posted by NeiroYair - 10 Jan 2012 02:02

Good call! I bought Step It Up at the end of last year. It's a Jewish dance machine. I should get into a regular program and see if that helps.

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Re: When does everyone have time???

Posted by alexeliezer - 10 Jan 2012 17:06

DDR is a good aerobic workout.

Think about adding a separate weight workout.

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Re: When does everyone have time???

Posted by NeiroYair - 11 Jan 2012 00:49

I didn't realize what DDR was, but I see you were referring to the Step It Up concept. Can I ask why you think the weights are beneficial? Is the endorphin "stuff" or other reasons?

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Re: When does everyone have time???

Posted by alexeliezer - 11 Jan 2012 02:58

Weight training strengthens your muscles, tendons, ligaments and bones. It keeps your muscles young and healthy. It gives you something to work on. You will see results, and that feels good. Your physique is one of the few things in life you have some control of. And it makes you look good.

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